

FISCAL YEAR 2016

VIRGINIA DEPARTMENT OF HEALTH

# HAMPTON HEALTH DISTRICT ANNUAL REPORT

JULY 1, 2015–JUNE 30, 2016

**CHRONIC DISEASE PREVENTION**  
 MEGAN DEWITT, HEALTH EDUCATOR


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The Hampton Health District (HHD) continues to improve the health of the Hampton community through chronic disease prevention and health promotion. Several projects are currently in progress and include disease prevention programs, community garden education and healthy food access promotion, support of tobacco use control, and promotion of healthy lifestyles.

HHD teamed up with the City of Hampton and the American Heart Association (AHA) to launch a summer campaign to promote our community gardens and improve healthy food access. Educational efforts were supported through grant funding from the AHA. A successful month long Hampton Roads Transit (HRT) bus campaign displayed



Container Gardening

colorful signs, both inside and outside, featuring Hampton Community Gardens. Rack cards featuring Hampton Community Gardens and container gardening were distributed throughout the city at local businesses to increase awareness. In addition, a YouTube video was created to provide widespread education on the benefits of container gardening and healthy food access. You can view the video at the following link, "[Lettuce Get Started with Container Gardening](#)".

HHD and Peninsula Health

District (PHD) have partnered with the U.S. Department of Agriculture (USDA) to provide blood pressure screenings, health education, and links to community resources for USDA participants. According to the Centers for Disease Control and Prevention (CDC), “food insecurity has been positively linked to risk of hypertension”. Limited availability and access to adequate food is a public health concern and through collaboration, we hope to make a positive impact on the health of the people we are serving.

#757SmokeFreeRide, an ongoing project supported by the Consortium for Infant and Child Health (CINCH), aims to encourage parents and caregivers to provide smoke and vapor free car rides for children. Education efforts were conducted at various local



venues to increase awareness with regards to smoking in cars and promote a healthy tobacco-free lifestyle. HHD will continue our commitment, to protect the young lungs of our community, by advocating for tobacco free cars. Learn more and join the campaign at <http://www.cinchcoalition.org/respiratory-health/>.

All programs provided by HHD focus on promoting good health. Over the past year, in partnership with the Coalition for Chronic Conditions Awareness, Resources, and Education (CARE), HHD has

offered free workshops, developed by Stanford University, to educate, encourage, and motivate community members to take an active role in the management of their chronic conditions. Workshops are designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. The Chronic Disease and Diabetes Self-Management workshops are given two and a half hours once a week for six weeks, in community settings such as the health department, churches, community centers, and local hospitals. To learn more or to register today for a free workshop, call 757-594-7313 or visit online at [www.excellenceinaging.org/cdsmp](http://www.excellenceinaging.org/cdsmp). In addition, HHD has joined with the Victory YMCA to provide a 12-month, group-based lifestyle modification program, that helps individuals with pre-diabetes reduce their risk for developing type 2 diabetes. For more information about the YMCA Diabetes Prevention Program (DPP) visit <http://www.peninsulaymca.org/diabetes/>.

HHD realizes that it's not enough to know how to be healthy—you need practical, readily available healthy options around you. Moving forward, HHD will continue to work with members of the Hampton community and organizations to ensure a healthy citizenry and a healthy environment.

## HAMPTON HEALTH DISTRICT

### WOMEN, INFANTS & CHILDREN (WIC)

ANGELA PRIOLEAU, WIC PROGRAM MANAGER

The special supplemental nutrition program for Women, Infants, and Children, known as WIC, is a public health program that provides supplemental foods, breastfeeding and nutrition education, and referrals to low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. Once qualified financially and nutritionally, each participant receives a specially designed food



package monthly to supplement normal dietary needs and to promote healthy eating habits.

Hampton Health Department (HHD) WIC Program currently has two locations, 1320 LaSalle Avenue and 1206 N. King Street in Hampton. We served over 3300 women, infants, and children,

offered 912 nutrition/ breastfeeding education classes, and participated in over 20 outreach events last year. October 2015, we held our third annual community-wide breastfeeding celebration at Healthy Families Partnership. Additionally we partnered with the Peninsula Health District WIC Program to run a variety of television commercials and billboard advertisements for several months to increase awareness of our program. WIC continues to play a vital role in building a healthy foundation for families.



WIC billboard advertisement to increase awareness of the program.

### EPIDEMIOLOGY

NANCY LEMIS, RN, DISTRICT EPIDEMIOLOGIST

The Hampton Health Department Epidemiology and Communicable Disease Office has been busy this year. The staff continues to do educational talks on MRSA, influenza, STI's, Norovirus, and other bloodborne pathogens.

These talks have been conducted throughout the city to many different groups and organizations such as city employees, schools, churches, physician offices, and day care centers. The epidemiologist and communicable disease

staff prepared and monitored for new emerging diseases such as Ebola, MERS, and Zika. The staff continues to conduct surveillance and education to the community as new diseases emerge.

"The staff continues to do educational talks on MRSA, influenza, STI's, Norovirus, and other bloodborne pathogens."

### FISCAL YEAR 2016 BUDGET

MARTIN WHEELER, BUSINESS MANAGER

REVENUE		EXPENSES	
State	1,763,762	Salaries	3,612,282
Local	1,259,122	Services	497,450
Grants	1,155,534	Supplies	229,650
Revenue	<u>427,100</u>	Insurance	226,771
		Equipment	<u>39,365</u>
<b>TOTAL</b>	<b>\$4,605,518</b>	<b>TOTAL</b>	<b>\$4,605,518</b>
TOTALS			
<b>TOTAL COOP</b>	<b>3,449,984</b>	<b>EP&amp;R BUDGET</b>	<b>88,580</b>
<b>TOTAL GRANT</b>	<b><u>1,155,534</u></b>		
<b>TOTAL BUDGET</b>	<b>\$4,605,513</b>		



## VIRGINIA DEPARTMENT OF HEALTH

### PUBLIC HEALTH NURSING CLINICAL SERVICES

MARIBELLE MULLEN-PACHECO, BSN, RN

#### Clinical Services

The Hampton Health Department's clinic team strives to provide high quality care to promote and enhance the health of Hampton's citizens. During the fiscal year 2015, the clinic team set a goal to increase access to services by seeing more clients in the clinic.

- ◆ **Family Planning & Reproductive Health**—The Family Planning & Reproductive Health Clinic provides services to men and women of reproductive age. Services include family planning, gynecological checkups (pap smears, mammogram referrals), contraception, and medical care for gynecological problems. We strive to provide the necessary tools, whether contraception or education, for clients to achieve optimal reproductive health. During the 2015 fiscal year, the Family Planning Clinic served 785 clients, with 1,666 visits. From October 2015-June 2016, our dedicated office support staff enhanced access to care by providing 338 referrals to Plan First (a free family planning program).

- ◆ **Adult Care Services (Sexually Transmitted Diseases [STD])** - The Adult Care Services Clinic provides education, counseling, treatment and testing of sexually transmitted diseases at no cost to the client. Our team works hard to lower the

rates and burden of STDs in our community. During the fiscal year 2015, the Adult Care Services clinic served 1,809 clients with 2,270 visits.

- ◆ **Immunizations**—The Immunization Clinic provides vaccinations to clients of all ages. We strive to increase immunization rates and lower the incidence of vaccine preventable diseases. Our nurses and office support staff work together to ensure our clients receive not only the required vaccinations for school or employment, but also recommended vaccines for optimal health. The Immunization Clinic provided immunization services to 2,629 clients, with 3,260 visits.

- ◆ **Additional Services: Community Involvement & School Physicals**—The Family Planning, Adult Care Services, and Immunization Clinic are also actively collaborating with community partners, including our own Health Promotion and Community Health Programs to reach the citizens out in the community. For example, the Hampton Health Department speaks on various topics in the Teen Fast Forward Program at Hampton Department of Social Services. In addition, our nurses provided immunizations such Tdap and flu at various locations. For example, free flu

vaccine was offered at Hampton City Hall and appeared on the news in December 2015. With the goal of making the transition into the school system more feasible for some families, the Hampton Health Department performs school physicals to children meeting eligibility criteria. In the fiscal year 2015, Hampton Health Department was able to assist 145 children with school physicals.

**“We strive to provide the necessary tools, whether contraception or education, for clients to achieve optimal reproductive health.”**



Our clinical nursing team (l to r): Wanda Malik; Jessica Brooks, RN; Angelia Holder-Brown, RN; Crystal Space; Maribelle Mullen-Pacheco, BSN, RN; Ryan Stores, RN, Kim Matera, RN



## HAMPTON HEALTH DISTRICT

### PUBLIC HEALTH NURSING POPULATION/COMMUNITY HEALTH

LINDA SCOTT-STONE, RN, AAS, BS, MS ED

Hampton Health District provides population-based health services to Hampton residents. The services include Nursing Home Pre-screenings, Maternal Child Health Services, Chronic Disease Prevention, and Communicable Disease Prevention. Chronic Disease Prevention services include safe baby sleep prevention and education, child care health preventive services, breast and cervical cancer screening and case management, chronic disease prevention through the Community Health Worker Program, New Comers Health Services for refugee clients, and lead poison prevention. Communicable Disease protects the Hampton community by immunizing children and adults, providing Tuberculosis Screenings and case management, and monitoring communicable diseases in the community.

The **Nursing Home Pre-screening** is a waiver program that provides care in the community rather than in a nursing facility. The individual must be eligible for Medicaid and meet the screening criteria. For fiscal year 2016, Community Health Services and the Hampton Department of Social Services (HDSS) completed 330 Nursing Home Pre-screenings.

Community Health Services continues to provide screenings for uninsured and underinsured women through the **Breast and Cervical Cancer Early Detection Program** that provides pap smear testing and mammograms to women ages 18-64. Fiscal

year 2016, 228 women were seen. Of those, 14 women were diagnosed with breast or cervical cancer and placed on Medicaid. One of the clients diagnosed with breast cancer stated "the program saved my life".

The **Lead Poison Prevention Program** involves testing of blood in children ages 1-6 years of age to determine levels of lead in their blood. Currently there are 11 active cases in the Lead Poisoning Prevention Program. Each child and family involved receives the proper care and education to further prevent other family members from lead poison exposure.

The **Child Health Care Consultant Program** conducts child care staff training on topics such as playground safety and supervision, daily health observations, and offers solutions for managing injuries or infections within the child care setting. Support is also offered through telephone advice and regular on-site visits.

Grant funding was received from the Centers for Disease Control for the **Community Health Worker (CHW) Network Program** which involves citizens of the community partnering with the Hampton Health District to assist individuals with chronic disease management. Presently the CHW Coordinator is soliciting volunteers and is always looking for citizens to volunteer.

The **Communicable Disease (CD) Program** is continually monitored and case managed by the (CD) nurse. Tuberculosis (TB) nurses case managed four cases

providing 422 directly observed treatments (DOT) for clients exposed to TB. Education is provided to the entire family. The CD nurse also collaborates closely with the epidemiologist to ensure safe and healthy outcomes. The CD nurse and epidemiologist monitors all reportable conditions in Hampton and all cases were resolved successfully.

**Community Events**—Community Health Nurses remain actively involved in health fairs and community events. Hampton Health District nurses participated in an employee health and wellness day at NASA, community colleges health fairs, health fairs with community partners, and back to school events with faith-based organizations. Community Health Services was involved in over ten community events in fiscal year 2016.



"Community Health Services continues to provide screenings for uninsured and underinsured women through the Breast and Cervical Cancer Early Detection Program..."

Community  
Health  
Nursing



## VIRGINIA DEPARTMENT OF HEALTH

### PROMOTING “SAFE SLEEP” PRACTICES IN HAMPTON A PROGRAM OF COMMUNITY HEALTH NURSING

MEENA TAMAKLOE, BSN, RN

Hampton Health District (HHD) received the Maternal and Child Health (MCH) Block Grant funded through Title V of the Social Security Act to promote “Safe Sleep” practices among families in Hampton in an effort to reduce the risk of Sudden Infant Death Syndrome (SIDS), and ultimately reduce infant mortality in the State of Virginia. According to The Centers for Disease Control and Prevention (CDC), SIDS is the leading cause of death among infants between ages 1 and 12 months, and it is the third leading cause of infant mortality in the United States. The overall rate of SIDS has significantly reduced by about 50 percent since 1990, however, the rates among African Americans and American Indian/Alaska Native infants continue to be disproportionately higher than White or Hispanic infants.

In 2012, Virginia’s infant mortality rate was higher than the national average of 6.0 infant deaths per 1,000 live births. Virginia ranks 23rd highest in the nation with 6.4 deaths per 1,000 live births. Fortunately, the following year, the rates dropped to 6.2. In Virginia, the Eastern Region, which includes Hampton, had the

highest rate of infant mortality at 9.0 deaths per 1,000 live births compared to the Northern Region which had the lowest rate of 4.5 deaths/1,000 live births.

In an effort to reduce the risk of SIDS and Infant Mortality, HHD is implementing the following strategies and activities:

#### 1. *Safe Sleep Campaign*

- Partner with WIC and the Child Safety Seat Program to educate pregnant women and new moms about the incidence of SIDS and other sleep-related causes of infant deaths.
- Educate and encourage parents, day care centers, and child care providers to use Safe Sleep practices to reduce the risk of SIDS.
- Engage in community outreach and participate in health fairs to create awareness and promote Safe Sleep practices.
- Start a Pack ‘N Play campaign to provide cribs for families who cannot afford it.

- Partner with community stakeholders** to form a Community Action Group to identify gaps in services and improve maternal and child health to reduce infant mortality.

- Reduce premature births by educating**

#### *pregnant women on the following topics:*

- Prenatal care
- Smoking cessation
- Oral health during pregnancy
- Importance of folic acid during pregnancy and after birth in preventing birth defects

“According to The Centers for Disease Control and Prevention (CDC), SIDS is the leading cause of death among infants between ages one and 12 months, and it is the third leading cause of infant mortality in the United States.”



## HAMPTON HEALTH DISTRICT

## HAMPTON HEALTH DEPARTMENT OFFERS BABY BASICS MOMS CLUB TO IMPROVE PREGNANCY OUTCOME

MEENA TAMAKLOE, BSN, RN



The Baby Basics Moms Club (BBMC) is funded by the Maternal and Child Health Block Grant and collaborates with the March of Dimes to host BBMC. The Club is free and open to all pregnant women in the City of Hampton, regardless of their age or socioeconomic background. The BBMC is led by trained facilitators and offers a group learning model that focuses on six key topics:

1. Preterm Birth
2. Safe Sleep Environmental/Car Seat Safety
3. Nutrition
4. Baby Blues/Depression
5. Breastfeeding Support
6. Substance Use During Pregnancy

Pregnant women have the opportunity to learn behaviors that can impact their health and the health of their baby. They also learn to make manageable changes and set realistic goals to achieve healthy pregnancies and prevent poor birth outcomes. The Club offers a safe and nurturing environment for pregnant women to ask questions, discuss issues that concern them, and connect with other moms and health care professionals for support. Additionally, moms receive referrals to other available services in the community.

Moms Club meets every Tuesday from 10:00–11:30 a.m. at the West Hampton Community Center on 1638 Briarfield Road, Hampton, Virginia. Pre-

registration is not required.

Moms are welcome to bring a support partner, a friend, or a family member to Club meetings. Each mom will receive a Baby Basics Pregnancy Guide and a planner written by Heidi Murkoff, the author of What to Expect When You're Expecting. Moms will also receive diapers, snacks and other incentives at every meeting. There will be a special opportunity for a grocery store tour to learn how to shop for nutritious foods on a budget.

To learn more about Baby Basics Moms Club visit: <http://www.bbmomsclub.com/hampton.html> and like us on Facebook at Baby Basics Moms Club of Virginia.



**“The Club offers a safe and nurturing environment for pregnant women to ask questions, discuss issues that concern them, and connect with other moms and health care professionals for support.”**



Meena Tamakloe, RN, BSN, Coordinator of the Hampton Baby Basics Moms Club, at the Club's Open House, September 22, 2015.



**Hampton Club Receives 2016 Grant**

March of Dimes - Virginia Chapter presented a grant award to Hampton Baby Basics Moms Club on February 11, 2016. We would like to express our sincere appreciation to March of Dimes for their continuing support. Congratulations [Hampton Moms Club!](#)

## VIRGINIA DEPARTMENT OF HEALTH

### ENVIRONMENTAL HEALTH

#### GARY HAGY, ENVIRONMENTAL HEALTH MANAGER

Effective July 1, 2015, the management teams for the Hampton Health District and the Peninsula Health District were combined. This resulted in the retirement of John Schellenberg, Environmental Health Manager for several years. The new Environmental Health Manager is Gary Hagy. Mr. Hagy has almost 37 years of experience in environmental health with the Virginia Department of Health including 26 years at the Central Office level. Mr. Hagy has a Master's Degree in Environmental Health from East Tennessee State University.



Larry Howard, HHD Environmental Health Specialist, taking water samples at the Ft. Monroe beach.

The remainder of the Environmental Health staff remained stable with only one environmental health specialist leaving the district in the early spring of 2016, transferring to a neighboring health district. This individual's position has been converted to an environmental health supervisor position and is in the process of being filled.

The Rabies Program continues to be an active program in Hampton. The Hampton Health District investigated 274 total possible exposures in FY 2016. Of these, 228

involved animal bites to humans. Seven animals, all raccoons, tested positive for the rabies virus. Rabies has been endemic in Virginia raccoons since the mid-1980s. As a result of these exposures, six persons received post exposure treatment for rabies. Three individuals were treated for

exposures to a bat, a cat, or a raccoon and three were treated for exposures to dogs.

The Beach Water Monitoring Program continued through the summer of 2016. Staff samples the water at three beaches in Hampton: Buckroe, Fort Monroe, and Salt Ponds. The beaches are sampled weekly from early May through early or mid-September. There were no exceedances for the year. Hampton is the only district in Tidewater that did not have an exceedance during that

time period.

There continues to be an increasing demand for environmental health services in the Food Program, particularly the large number of temporary food events which requires staff to work weekends and holidays. In FY 2016, the Hampton Health District issued 538

temporary food permits. This is a 65.5% increase from FY 2013. Also, nearly 450 restaurants operated in the City of Hampton during FY 2016. Environmental health specialists conducted 1,125 restaurant inspections and

averaged 1.1 hours per inspection. During these inspections environmental health specialists cited 3,966 violations.

The Environmental staff also worked with the City Attorney's Office to propose revisions to the food service ordinances in the Hampton City Code to eliminate duplication with the State Board of Health's Food Regulations. These revisions were adopted by the City Council in August 2016.

#### Beach Water

#### Monitoring

#### Program:

Hampton is the only district in Tidewater that did not have an exceedance from early May through early or mid-September.



## HAMPTON HEALTH DISTRICT

### PENINSULA-HAMPTON HEALTH DISTRICTS: HYPERTENSION SCREENING AND EDUCATION PROGRAM

IRENE FERRAINOLO, SENIOR HEALTH EDUCATOR

Originally designed with support from the USDA's Food and Nutrition Service and the Food Bank of the Virginia Peninsula, the Peninsula-Hampton Health Districts' Hypertension Screening and Education Program increases access to health care and improves the health status of residents living in our most underserved communities. Our mission is "to assist our most vulnerable community members in living healthier lives" through free preventive blood pressure

screenings, promotion of health education, and removing barriers to care. Our team is comprised of a diversity of members, from public health nurses to health educators, as well as other health professionals and partners.

Peninsula and Hampton Health Districts' Hypertension Screening and Education Program reduces health disparities in our community by carrying out free blood pressure screenings, health education, and

referrals to individuals in underserved communities. By traveling directly to areas in which the need is greatest and fostering an atmosphere of trust, our program removes barriers to care and improves the health of our most vulnerable residents. Blood pressure screenings are conducted every month at six sites served by the Food Bank of the Virginia Peninsula/USDA Program.

This initiative is part of the health districts' larger Million Hearts Initiative.

"Our mission is to assist our most vulnerable community members in living healthier lives through free preventive blood pressure screenings, promotion of health education, and removing barriers to care."



### CHILD SAFETY SEAT PROGRAM

RUBY GATLING, HEALTH PROMOTION PROGRAM SUPPORT TECHNICIAN

The Hampton Health District (HHD) Child Safety Seat Program began in 1991. HHD serves as a cooperative distribution and instruction site for the Virginia Department of Motor Vehicles (DMV). In October of 1996, the Virginia Department of Health (VDH) assumed responsibility for the Safety Seat Program.

Hampton was the first district to accept this opportunity to issue child safety seats to families in need, and in 1992, received the Virginia Public Health Association's (VPHA) "Outstanding Health Promotion Award". A team of volunteers from the local Kiwanis Club, led by HHD's Ruby Gatling, instructed car seat recipients and helped the parent/guardian install the seat into their motor vehicles. For their efforts the Kiwanis were awarded the John T. Hanna Award and the Governor's Award for Volunteerism in 1992 and 1993 respectively, for their outstanding work in Traffic Safety Activism. From 1991 through 1999, the program distributed over 1,000 car seats to families. From July 1, 2015–June 30, 2016, Hampton District received and distributed 112 car seats.



## VIRGINIA DEPARTMENT OF HEALTH

### GET IT TOGETHER PROGRAM

**RUBY GATLING, HEALTH PROMOTION PROGRAM SUPPORT TECHNICIAN**

The Get It Together (GIT) Program is sponsored by AAA and Drive Safe Hampton Roads, along with other supportive sponsors. It is a seatbelt challenge offered to all high schools on the Southside and Peninsula.

Students have the opportunity to develop videos, posters, or whatever they want to do to get the message across that buckling up saves lives. They have access to various costumes they can borrow and a speakers list from which to choose. The high school with the highest rate of buckling up wins a \$500 reward to use for prom or whatever they feel will benefit their school.

Each school has a liaison who monitors their progress

and helps them with any problems they may encounter. The liaison, along with members of Drive Safe and AAA, conduct the initial seatbelt check to ensure that each participating school gets a good start and the correct number they need to reach and improve upon. This is presented to each participating high school during the Breakfast Kickoff Program.

State Farm donated \$5,000 to the GIT Program in 2015. Heritage High School in Newport News won the \$500 reward for their participation in the challenge.

Ruby Gatling with the Hampton Health District (HHD) served as Heritage High School's liaison.

During the 2016 school year two Hampton high schools participated with Ms. Gatling as their liaison.



Heritage High School (HHS) Get It Together Program Winners (l to r): Jamie Plecker, HHS SADD Sponsor, Dimitri Holloway, Laurel Vaughan, Morgan Ryan, Syllas Walls, & Ruby Gatling, HHD Program Support Technician

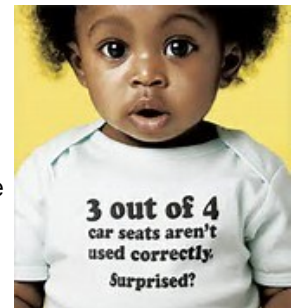
### HAMPTON HEALTH DISTRICT—A VIRGINIA DEPARTMENT OF HEALTH (VDH) PERMANENT FIT STATION

**RUBY GATLING, HEALTH PROMOTION PROGRAM SUPPORT TECHNICIAN**

The Hampton Health District has been a permanent fit station since 2009. The stations were established at local health departments as another option to parents other than fire departments to get children's safety seats checked. There are now 64 permanent fit stations in Virginia. A certified child passenger technician is available for parents to call or make an appointment to get their safety seats checked.

Ruby Gatling is the Certified Child Passenger Technician at the Hampton Health District. She is available to check seats by appointment only, but will take walk-ins if not engaged in other activities. From July 2015 to June 2016, 56 child safety seat checks were performed at Hampton Health District.

In addition to the physical check, parents receive instruction on how the baby or child should be placed in the seat and other pertinent information. Each parent who comes in to get their seats checked is also given a packet of information and a comment card issued by the Department of Health Injury Prevention. Parents are very grateful for this service knowing that their child will be riding safe on the highways of Virginia.



## VIRGINIA DEPARTMENT OF HEALTH

### EMERGENCY PREPAREDNESS AND RESPONSE (EP&R)

KEVIN PEARCE, EMERGENCY COORDINATOR

**Project Public Health Ready** (PPHR) is a criteria-based training and recognition program that assesses local health department (LHD) capacity and capability to plan for, respond to, and recover from public health emergencies. PPHR aims to protect the public's health and strengthen the public health infrastructure by equipping local health departments with sustainable tools to plan, train, and exercise using a continuous quality improvement model.

In 2016, the Hampton and Peninsula Health Districts made application for recognition as Project Public Health Ready as a Peninsula-wide effort. Working closely with the six locality Emergency Managers, our non-profit partners, and other social service organizations the application was reviewed by other Public Health workers selected from a national pool.

The Hampton & Peninsula Health Districts were **fully recognized** by the National Association of City and County Health Officials (NACCHO).

Recognition by NACCHO makes the Hampton & Peninsula Health Districts one of 450 local health departments nationwide to receive this accolade. The recognition will be renewed in five years.

**Peninsula Medical Reserve Corps** (MRC) identifies volunteers to assist in the provision of services in a

Public Health emergency. More information on the MRC can be found at: <http://www.vdh.virginia.gov/mrc/peninsulamrc/index.htm>. The MRC serves the entire Peninsula south of New Kent and Charles City Counties.



Volunteer opportunities include administrative support, duties supporting the mass dispensing that might occur in an emergency event, and sheltering support activities.

**Intern Practicums** support is also provided through EP&R Programs. In this last year, the Emergency Coordinator provided support to the Old Dominion University undergraduate program in public health, the Eastern Virginia Medical School graduate program in public health, and several other universities.

Interns assigned to the Hampton & Peninsula Health Districts are introduced to work centers in the districts including Environmental Health, Health Education, Emergency Preparedness, and diverse activities provided to the community. The interns participate in exercises and prepare related logistical materials. These individuals are the

next generation of Public Health workers.

The **Eastern Virginia Healthcare Coalition** (EVHC) is a regional organization



that supports, informs, and educates healthcare organizations. Although many of our regional organizations are quite robust in planning and training for emergencies, we often think of hospitals or health departments. Other healthcare organizations that serve our community such as nursing homes, dialysis centers, or group homes sometimes need assistance in active planning and preparation.

The EVHC provides training related to disaster basic life support and an advanced course as well. Some equipment can be provided and most importantly, the collection of contact information and the use of a statewide alerting and status system for all medical organizations.

The Hampton & Peninsula Health Districts, along with other Eastern Region Health Districts, participate with EVHC organizations and use the status system.

The Hampton & Peninsula Health Districts were fully recognized by the National Association of City and County Health Officials (NACCHO) through Project Public Health Ready.



**We are on the web!**  
**[www.vdh.virginia.gov](http://www.vdh.virginia.gov)**  
**Click on Health Districts**

# Welcome

**New / Separated Employees**  
**July 1, 2015—June 30, 2016**

April Borrero, Human Resources

**FISCAL YEAR 2016**

**Hampton Health District**  
**3130 Victoria Boulevard**  
**Hampton, VA 23661**

**Phone: 757-727-1172**

**Fax: 757-727-1185**

**E-mail: [hamptonhealthdepartment@vdh.virginia.gov](mailto:hamptonhealthdepartment@vdh.virginia.gov)**



**THE MISSION OF THE HAMPTON HEALTH DISTRICT IS TO PROVIDE MEDICAL, ENVIRONMENTAL, AND PUBLIC HEALTH SERVICES TO PROMOTE, PROTECT, AND PRESERVE THE HEALTH OF THE CITIZENS OF HAMPTON.**

## WOMEN'S HEALTH DAY

**IRENE FERRAINOLO, SENIOR HEALTH EDUCATOR**

Twenty-four women over the age of 18 lacking public or private insurance received free health services at Hampton Health District's Women's Health Day on May 18, 2016. The event, held twice annually since 2004, addresses the unmet need for screening services, promotes use of the Family Planning Clinic, and reconnects with former patients. The event was staffed by Family Planning, Community Health Nursing, Immunizations, Nutrition Services, and Health Promotion. Staff representing Sentara CarePlex Breast Imaging Center and Community Health Education, and Southeast Virginia Health System also participated. Pap tests, clinical

breast examination, immunization updates, nutrition counseling, and cholesterol, blood pressure, glucose, and anemia screenings were also offered. All women received an insulated lunch bag, breast self-examination reminder cards, and health and wellness promotion materials.

Mammograms were scheduled for any woman requiring one. Of the 22 women receiving mammograms, 16 were delinquent for mammograms (greater than two years since the last mammogram), eight women required diagnostic follow up procedures. Three were enrolled in the Every Woman's Life

Program. The next Women's Health Day will be held on October 19, 2016.

Mammogram services are available through a community health grant from Susan G. Komen for the Cure-Tidewater. Throughout the year, breast health services are provided to clinic patients without insurance who require them. During the Komen grant year (April 2015-March 2016) 114 women were served.

